

**ABSTRACT**

[0058] A low cost, high performance, water-swellable, flexible reinforcement member that can be used for both optical and copper communications cable. The water-swellable reinforcement members made according to the preferred process are more rigid than known reinforcement members, but are less rigid than glass pultruded rods. Communications cables utilizing these members are lightweight, water-swellable and exhibit an improved combination of strength and flexibility compared to traditional communications cables. Further, these communication cables may then be installed into underground ducts using more economical and faster installation techniques.